

THE
ENGLISHMAN
DOCTOR.

Academies OR,

The Schoole of Salerne.

OR,

Physicall obseruations for the perfect
preseruing of the body of Man in
continuall health.



LONDON

Printed for John Helme, and are to be sold
at the little shop next Cliffords Inne-gate,
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371

Geography of the World

1. 160710.1

THE PRINTER to the Reader.



Reader, the care that I have of thy health, appeares in bestowing these Phisicall rules vpon thee: neither needest thou be ashamed to take Lessons out of this schoole, for our best Doctors scorne not to read the instructions. It is a little Academie, where euery man may be a Graduate, and proceed Doctor in the ordering of his owne body. It is a Garden, where all things grove that are necessary for thy health. This medicinable Tree grew first in Salerne, from thence it was remouued and hath borne both fruite and blossomes a long time in England. It is now replanted in a wholesome ground, and new earth cast about it,

To the Reader.

by the hand of a cunning Gardiner, to keepe it
still in flourishing. Much good husbandry is be-
stowed upon it: yet whatsoeuer the cost be, thou
reapest the sweetnesse of it for a small value. It
came to mee by chance as a Iewell that is found,
whereof notwithstanding I am not couetous,
but part the Treasure amongst my contry-men.
The author of the paines, is to mee unknowne,
and I put this child of his into the open world
without his consent: bring it vp therefore well
I beseech thee, and hope (as I doe) that hee will
not be angry, finding this a traueller abroad,
when by this trancell, so many of his
owne country are so manifold-
ly benefited.

Farewell.

Ad Librum.

GO booke, and (like a Marchant) new ariu'd,
Tel in how strange a traffick thou hast thru' d,
Vpon the Country which the Sea-god saues,
And loues so dere, he bindes it round with waves:
Cast Anchor thou, and impolt pay to him
Whose Swans vpon the brest of *ISIS* swim.
But to the people that do loue to buy,
(It skils not for how much) each nouelty,
Proclaine an open Mart, and sell good cheape,
What thou by trauell and much cost doest reape.
Bid the Gay Courtier, and coy-Lady come,
The Lawyer, Townsman, & the country groome,
Tis ware for all: yet thus much let them know,
There are no drugs here fetcht from *Mexico*,
Nor gold from *India*, nor that stinking smoake,
Which English gallants buy, themselves to choake
Nor Silkes of *Turkie*, nor of *Barbary*,
Those luscious *Canes*, where our rich Sugars lie:
Nor those hot drinks that make our wits to dance,
the

Ad Librum.

The wilde *Canaries* : nor those *Grapes of France*,
Which make vs clip our English, nor those wares
Of fertile *Belgia*, whose wombe compares
With all the world for fruit, tho now with scarres
Her body be all ore defac't by warres :
Go, tel them what thou bringst, exceeds the welth,
Of all thesee Countries, for thou bringst them health.



In Librum.

With learning, Order, Elegance of Phrase,
Helth, and the Art to lengthen out our dayes,
Philosophie, Phisicke and Poesie,
And that skill which death to vs not, (Surgery)
Walkes to refresh vs, Ayres most sweete and cleare,
A thrifte Table, and the wholsom st cheare,
All sorts of graine, all sorts of Flesh of Fish,
Offoule, and (last of all) of fruits a severall dish
Good Breakefasts, Dinners, Suppers, after-meales,
The hearbe for Sallads, and the hearbe that heales
Phisitions Counsell, Pothecaries pills,
(Without the summing up of costly bills.
Wines that the braine shall neare intoxicate,
Strong Ale and Beere at a more easie rate.
Than Water from the Fountaine: clothes (not deere)
For the fourre severall quarters of the yere,
Meates both for Protestant and Puritan,
With meanes sufficient to maintaine a man.
If all these things thou wantst no farther looke,
All this and more then this lies in this booke.

Anonimus.

In Laudem Operis.

THe Gods upon a time in counsell sitting,
(To rule the world) what creature was most fitting
At length from God to God this sentence ran,
To forme a creature like themselues (cald man,)
Being made, the world was given him, (built so rarely)
No workeman can come neare it : hung so fairely,
That the Gods viewing it, were ouer-joyed,
Yet grien'd that it should one day be destroyed,
Gardens had Man to walke in, set with trees
That still were bearing: But (neglecting these,)
He long'd for fruises unlawfull, fell to riots,
Wasted his godlike body by ill dyses,
Spent (what was left him) like a prodigall heyre,
And had of earth, of hell, or heauen no care,
For which the earth was cursit, and brought forth weeds
Payson even lurking in our fairest seeds,
Halfe heauen was bid, and did in darknesse mourne,
Whilst hell kept fires continuall, that should burne
His very soule, if still it went arrie,
And gine it torments that should never die,
Yet loe; How blest is man? the Deities,
Built vp the Schoole of health, to make him wise.

THE SALERNE SCHOOLE.

THE Salerne Schoole doth by these lines impart,
All health to Englands King, and doth advise
From care his head to keepe, from wrath his heart.
Drinke not much wine, sup light, and soone arise,
When meat is gone, long sitting breedeth smart:
And afternoone still waking keepe your eyes,
When mou'd you find your selfe to Natures Need,
Forbeare them not, for that much danger breeds,
Use three Physicians still, first Doctor *Quiet*,
Next Doctor *Merry-man*, and Doctor *Dyet*.



Rise early in the morne, and straight remember,
With water cold to wash your hands and Eyes,
In gentle fashion retching every member,
And to refresh your braine when as you rise,
In heat, in cold, in *July*, and *December*,
Both comb your head, & rub your teeth likewise:
If bled you haue, keep coole, if bath'd keep warme,
If din'd, to stand or walke will do no harme.
3. things preserue y sight *Grasse*, *Glaſſe* & *Fountaines*
At Eue'n springs, at morning visit mountaines,

If

THE VALERNE SCHOOLE.

If R. be in the month, their iudgements erre,
That thinke that sleepe in afternoone is good,
If R. be not therein, some men there are
That thinke a little nap breeds no ill blood.
But if you shall herein exceed to farre,
It hurts your health, it cannot be with-stood:
Long sleepe at afternoones by stirring fumes,
Breeds Slouth, and Agues, Aking heads & Rheums:
The moysture breeds Breast, in Jaws and Nose,
Are cald Catars, or Tysique, or the Posse.



Great harmes haue gtowne, & Maladies exceeding,
By keeping in a little blast of wind,
So Cramps, & Dropes, Collicks haue their breeding,
And Mazed Braines for want of vent behind.
Besides we finde in stories worth the reading,
A certaine Romaine Emperor was so kind,
Claudius by name, he made a Proclamation,
A Scape to be no losse of reputation.
Great suppers do the stomacke much offend,
Sup light if quiet you to sleepe intend.

THE SALESNE SCHOOLE.

To keepe good dyet, you should never feed,
Vntill you finde your stomach cleane and void,
Of former eaten meates, for they do breed
Repletion, and will cause you soone be clod,
None other rule but appetite should need, (voide
When from your mouth a maysture cleare doth
All Peares and Apples, Peaches, Milke and Cheese,
Salt meats, red Deere, Hare, Beefe, and Goat: al these
Are meates that breed ill blood, and Melancholy,
If sicke you be, to feed on them were folly.



Egges newly laid, are nutritiue to eate,
And rosted Reare are easie to digest,
¶ Fresh Gascoigne wine is good to drinke with meat
Broth strengthens nature aboue all the rest,
But broath prepar'd with flowre of finest wheat,
Well boild, and full of fat for such are best.
¶ The Priests rule is (a Priests rule should be true,)
Those Egges are best, are long, and white, and new,
Remember eating new laid Egges and soft,
For every Egge you eate you drinke as oft,

Fine

THE SALERNE SCHOOLE.

Fine *Manchet* feeds to fat, *Milke* fits the vaines,
New Cheese doth nourish, so doth flesh of Swine,
The Dowcets of some beasts, the marrow,braines,
And all sweet-tasting flesh, and pleasant wine,
Soft Egges (a cleanly dish in house of Swaines)
Ripe Figs and Rayfins, late come from the Vine :
Chuse wine you meane shall serue you all the yeare
Well-sauour'd, tasting well, and colourd cleere.
Five qualities there are, wines praise aduancing,
Strong, Beautifull, and Fragrant, coole, and dancing.



White *Muskadell* and Candy wine, and Greeke,
Do make mens wits and bodies grosse and fat :
Red wine doth make the voyce oft time to seeke,
And hath a binding quality to that,
Canary and *Madera*, both are like
To make one leane indeed, (but wot you what)
Who say they make one leane wold make one lasse
They meane, they make one leane vpon a staffe.
Wine, women, Baths, by Art or Nature warme,
Vf'd or abus'd, do men much good or harme,

THE SALERNE SCHOOLE.

Six things that here in order shall insue,
Againstst all poysons haue a secret powre,
Peares, Garlick, Reddisb-roots, Nuts, Rape, & Rew,
But *Garlick* cheefe, for they that it deuour,
May drink, and care not who their drink do brew,
May walke in ayres infected every houre :
Sith *Garlick* then hath powre to saue from death,
Beare with it though it make vnsauory breath :
And scorne not *Garlick* like to some that thinke
It onely makes men winke, and drinke, and stinke.



Though all ill sauours do not breed infection,
Yet sure infection commeth most by smelling,
Who smelleth still perfumed, his complexion
Is not perfum'd by Poet *Martial's* telling,
Yet for yons lodging roomes give this direction,
In houses where you mind to make your dwelling,
That nere the same there be no euill seats
Of Puddle-waters, or of excrements,
Let ayre be cleare and light, & free from faults,
That come of secret passages and vaults.

If

THE SALENNE SCHOOLE.

If wine haue ouer night a surfeit brought,
A thing we wish to you should happen seeld :
Then early in the morning drinke a draught,
And that a kinde of remedy shall yeeld,
But gainst all surfets vertues schoole hath taught,
To make the gift of temperance a shield :
The better wines, do breed the better humors,
The worse, are causes of vnwholesome tumors :
In measure drinke, let wine be ripe not thick,
But cleere and well alaid, and fresh, and quick.



The like aduise we give you for your Beere,
We will it be not soure, and yet be stale,
Well boyld, of harty graine, and old and cleare,
Nor drinke too much, nor let it bee to stale :
And as there be foure seasons in the yeare,
In each a severall order keepe you shall.
In *Spring* your dinner must not much exceed,
In *Summers* heat, but little meate shall need :
In *Autumne*, ware you eate not too much fruit,
With *Winters* cold, full meales do fitteſt ſure.

THE SAALERNE SCHOOLE.

If in your drinke you mingle Rew with Sage,
All poyson is expeld by power of those,
And if you would withall lusts heat awage,
Adde to them two the gentle-floure of Rose,
Who would not be sea-sick when seas do rage,
Sage-water drinke with wine before he goes.

Salt, Garlick, Parsly, Pepper, Sage, and Wine,
Make sawces for all meates both course and fine,
Of washing of your hands much good doth rise,
Tis wholsome, cleanly, and releues your eyes.

Eate not your bread too stale, nor eat it hot,
A little Leuend, hollow-bak't and light:
Not flesh, of purest graine that can be got,
The crust breeds choller both of browne and white
Yet let be well bak't or eat it not,
How ere your tast therein may take delight.

Porke without wine is not so good to eate,
As Sheepe with wine, it medicine is and meate,
Tho Intrailes of a beast be not the best,
Yet are some intrayles better then the rest.

B

Some

THE SALESNE SCHOOLE.

Some loue to drinke new wine not fully fin'd,
But for your health we wish that you drinke none,
For such to dangerous Fluxes are enclin'd,
Besidz, the Lees of wine doth breed the stone.
Some to drinke onely water are assygn'd.
But such by our consent shall drinke alone,
For water and small beere we make no question,
Are enemies to health and good digestion,
And Horace in a verse of his rehearles,
That Water-drinkers never made good verses.



The choyse of meate to health doth much auayle,
First Veale is holosome meat & breeds good bloud.
So Capon, Hen, and Chicken, Partridge, Quaile,
The Pheasant, woodcock, Larke & Thrush be good
The Heath-cock wholsome is, the Doue, the Raile,
And all that do not much delight in mud, (you,
Fair Swans, such loue your beauties make me beare
That in the dish I easily could forbeare you,
Good sport it is to see a Mallard kild,
But with their flesh your flesh should not be fild.

As

THE SALERNE SCHOOLE.

As choyce you make of Feule, so make of Fifti
If so that kind be soft, the great be best,
If firme, then small, and many in a dish:
I need not name, all kinds are in request.
Pike, Trout, and Pearch, from water fresh I will,
From Sea, Eare, Muller, Brean & Soules are best:
The Pyke a rauening Tyrant is in water,
Yet he on land yeelds good fish neare the later,
If Eelis and Cheese you eat, they make you hoastie
But drinke a pace thereto, and then no force.



Some loues at meales to drink smal draughts of
But fancy may herein, and custome guide,
If Egges you eat, they must be new and soft,
In peaze good qualities, and bad are tryed,
To take them with the skin that growes aloft,
They windie be, but good without their hide,
In great consumptions learn'd Phisitians thinke,
Tis good a Goat or Camels milke to drinke,
Cowes-milke and Sheeps do well, but yet an Affer,
Is best of all, and all the other passies.

THE SALERNE SCHOOL.

Milke is for Agues and for Headache naught,
Yet if from Agues fit you feele you free,
Sweet-butter wholesome is as some haue taught,
To cleanse and purge same paines that inward bee:
gWher though it be contyn'd, yet it is thought,
To scour, and cleanse, and purge in due degree:
gFor healthy men may cheese be holesome food,
But for the weake and sickly tis not good,
Cheese is an heawy meat both grosse and cold,
And breedeth Costiuenesse both new and old.



Cheese makes complaint that men on wrong suspic-
Do slander it, and say it doth such harme, (tions,
That they conceale his many good conditions,
How oft it helps a stomack cold towarne,
How fasting tis prescrib'd by some Phisitions,
To those to whom the flux doth give alarm;
We see the better sort thereof doth eate,
To make as twere a period of their meat.
The poorer sort when other meate is scant,
For hunger eate it to relieue their want.

Al-

THE SALEMNE SCHOOLE.

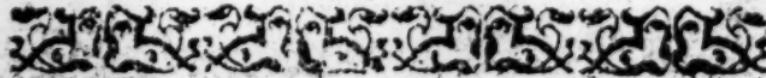
Although you may drinke often while you dine,
Yet after dinner touch not once the cup,
I know that some Phyfitions do affigne
To take some liquor straight before they sup:
But whether this be meant by Broth or wine,
A controwersie tis, not yet tane vp:
To close yout stomacke well, this order sutes,
Cheese after Flesh, Nuts after Fish or Fruits.
Yet some have said, (beleeue them as you will)
One *Nut* doth good, two hurt, the third doth kill.



Some *Nut*, gainst poison is preseruatiue,
Peares wanting wine, are poison from the tree.
But bak't *Peares* counted are restorative,
Raw-peares a poison, bak't a Medicine be:
Bak't-peares, a weak-dead-stomacke do reuive,
Raw-peares are heawy to digest we see,
Drinke after peares, take after Apples order
To haue a place to purge your selfe of ordure,
Ripe *Cherries* breed good bloud, & help the stome,
If *Cherry* you do eat, and *Cherry*-stone.

THE S ALRENE SHCOOLE.

Coole *Damsens* are, and good for helth by reason,
They make your intrailes soluble and slacke,
Let *Peaches* steepe in wine of newest season,
Nuts hurt their teeth, that with their teeth they
With every *Nut* tis good to eate a *Reason*, (crack
For though they hurt the *spleen* they help the back
A plaister mad of *Figges* by some mens telling,
Is good against all *kernel*s, *boyles*, and *swellings*,
With *Poppy* ioyn'd, it drawes out bones are broken
By *Figs* are lice ingendred, Lust prouoken.



Eat *Medlers* if you haue a loofenesse gorten,
They bind, and yet your vrine they augment,
They haue one name more fit to be forgotten,
While hard and sound they be they be not spent,
Good *Medlers* are not ripe till seeming rotten.
For medling much with *Medlers* some are shent.

New *Rennish-wine* stirrs yrin, doeth not bind,
But rather loose the Belly, breeding wind,
Ale humors breeds, it addes both flesh & force,
Tis loofing, coole, and vrine doth inforce.

3.000

Sharpe

THE SALERNE SCHOOLE.

Sharpe Vinegar doth coole, withall it dries,
And giues to some ill humor good correction:
It makes one melancholy, hurts their eyes,
Not making fat, nor mending their complexion:
It lessens *sperm*, makes appetite to rise,
Both tart and sent is good against infection.
¶ The *Turp* hurts the stomach, wind it breedeth
Stirs vrine, hurts his teeth thereon that feedeth,
Who much thereof wil feed, may wish our nation,
Would well allow of *Claudius* proclamation.



It followes now what part of euery beast,
Is best to eat: first know the Hart is ill,
It is both hard, and heauy to digest,
The *Tripe*, with no good juice our flesh doth fill:
The *Lites* are light, yet but in small request:
But outer parts are best in Physicks skill.
¶ If any braines be good, (which is a question)
Hens brayne is best, and lightest of digestions:
¶ In *Fennell-seed* this vertue you shall find,
Forth of your lower parts to drive the wind.

OR

THE SALERNE SCHOOLE.

Of *Fennell* vertues foure they do recite,
First, it hath power some poisons to expell,
Next burning Agues it will put to flight,
The stomake it doth cleanse, and comfort well:
And fourthly it doth keepe and cleanse the sight,
And thus the seed and Hearbe doth both excell,
Yet for the two last told; if any seed
With *Fennell* may compare, tis *Annis* seed:
Some *Anny*-seeds be sweet, and some more bitter:
For pleasure these, for medicine those are fitter.

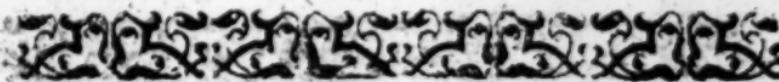
Dame Nature's reason, far surmounts our reading,
We feele effects, the causes oft vñknown, (ding,
Who knows the cause why *Spodium* stacheth blee-
(*Spodium* but ashes of an Oxes bone.)
We leavine herein to praise his power exceeding,
That vertue gaue to wood, to herbes, to stone,
The Liver, *Spodium*, *Mace* the heart delights,
The braine likes *Muske* and *Lycor* as the Lites;
The spleen is thought much cōforted with *Capers*
In stoutnesse, *Gallingale* alwaies ill vapors.

30

Saucce

THE SALESNE SCHOOLE.

Sauce would be set with meat vpon the table,
Salt is good sauce, and had with great facility:
Salt makes vnsauory vyands manducable,
To drive some poysons out, salt hath ability,
Yet things too salt are neare commendable;
They hurt the sight, in nature cause debility,
The scab and itch on them are euer breeding,
The which on meates too salt, are often feeding:
Salt should be first remou'd and firt set downe,
At table of the Knight, and of the Clowne.



As tastes are diuers, so phisitions hold
They haue as sundry qualities and power,
Some burning are, some temperate, some cold,
Cold are these three: the *Tart*, the *Sharpe*, the *sour*:
Salt, bitter, bitting, burne as bath bin told,
Sweet, fat and fresh, are temperate euery houre.

¶ Foure speciall vertues hath a sop in wine,
It maketh the teeth white, it cleares the eyne,
It addes vnto an empty stomacke fulnes,
And from a stomacke ful'd, it takes the dulnes.

If

THE SALERNE SCHOOLE.

If to an vse you haue your selfe betaken,
Of any diet, make no sudden change.
A custome is not easily forsaken,
Yea though it better were, yet seemes it straunge,
Long vse is as a second nature taken,
With nature custome walkes in equall range.
¶ Good dyet is a perfect way of curing,
And worthy much regard and health assuring,
A King that cannot rule him in his dyet,
Will hardly rule his Realme in peace and quiet.



They that in Physicke will prescribe you foode,
Six things must note we here in order touch,
First *What it is*, and then for *what tis good*,
And when, and *where*, *How often*, and *how much*.
Who note not this, it cannot be withstood,
They hurt, not heale, yet are to many such.
¶ *Co'evorts* broth doth loose, the substance bind,
Thus play they fast and loose, and all behind;
But yet if at one time you take them both,
The substance shall giue place vnto the broth.

In

THE SALERNE SCHOOLE.

In Phisicke *Mallowes* bath much reputation,
The very name of *Mallow* seemes to found,
The roote thereof will give a kind purgation,
By them both men and women good haue found,
To womens monthly flowers they giue laxation.
They make men soluble that haue beene bound,
And least we seeme in *Mallowes* praises partiall,
Long since hath *Horace* praised them and *Martial*
¶ The worms that gnawes the womb & neuer stant
Are kil'd, and purg'd and driven away with *Mint*.



But who can write thy worth (O soueraigne sage)
Some ask how man can die, where thou dost grow
Oh that there were a medicine curing age,
Death comes at last, tho death come neare so slowe
sage strengthens the sinewes, Feavers heat doth swage,
The Palsie helps, and rids of mickle woe,
In Latin (*Salvia*) takes the name of safety,
In English (*Sage*) is rather wise then crafty,
Sith then the name be tokenes wise and sauing,
We count it natures freind, and worth the buying.
take

THE SALERNE SCHOOLE.

Take sage, and Primrose, Lauender, and Cresses,
With Walwort that doth grow twixt lime & stone
For he that of these hearbes the iuice expresses,
And mix with powder of a Castor-stone,
May breed their ease whom Palsy much oppresses
Or if this breed not helpe, then looke for none.

Rew is a noble hearbe to gue it right,
To chew it fasting it will purge the sight,
One quality thereof yet blame I must,
It makes men chait, and women fils with lust.



Faire Ladies if these Phisicke rules be true,
That *Rew* hath such strange qualities as these,
Eat little *Rew*, cast your good husbands (R.E.W)
And breed between you both a shrowd disease.
Rew, who's the wit, and more to pleasure you,
In water boil'd it kides a roome of fleas,
I would not to you Ladies, *Onions* praise,
Sauc that they make one faire (*Æclapiss* saies)
Yet eating them require's some good direction,
They are not good alike for each complection.

THE SALTERNE SCHOOLE.

If vnto Choller men be much inclind,
Tis thought that *Onyons* are not good for thosse,
But if a man be flegmatique (by kind)
It does his stomacke good, as some suppose.
For Oyntment iuice of *Onyons* is assign'd
To heads whose haire fals faster then it growes:
If *Onyons* cannot helpe in such mishap,
A man must get him a *Gregorian* cap.
And if your hound by hap should bite his maister,
With *Honey*, *Rew*, and *Onyons* make a plaister.



The seed of *Mustard* is the smalleit graine,
And yet the force thereof is very great,
It hath a present power to purge the braine,
It addes vnto the stomacke force and heat:
All poysone it expels, and it is plaine,
With sugar tis a passing sauce for meat.
She that hath hap a husband bad to bury,
And is therefore in heatt not sad but merry,
Yet if in shew good maners she will keepe,
Onions and *Mustardseed* will make her weepe.

Though

THE SALTERNE SCHOOLE.

Though *Violets* smell sweet, *Nettles* offendue,
Yet each in severall kind much good procures,
The first doth purge the heauy head and penfue,
Recouers surfers, falling sicknes cures;
The *Nettles* stinke, yet make they recompence,
If your belly by the Collicke paine indures:
Against the the Chollicke Nettle-seed and Honey,
Is Phisicke: better none is had for many,
It breedeth sleep, staies vomites, fleams doth softe,
It helps him of the Gowte that eates it often.



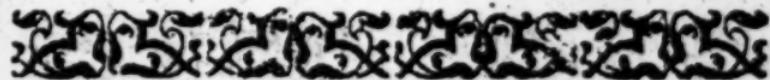
Cleane *Hysop* is an Herb to purge and cleanse,
Raw Flegmes, and hurtfull humors from the brest,
The same vnto the lungs great comfort lends,
With Honey boyld: but farre aboue the rest,
It giues good colour and complection mends,
And is therefore with women in request:
With Honey mixt, *Cinquefoyle* cures the Canker,
That eates our inward parts with cruell ranker,
But mixt with Wine, it helps a grieved side,
And staies the vomit, and the laske beside.

Ellc.

THE SALERNE SCHOOLE

Elle compasse strengthens each inward part,
A little loosenes is thereby prouoken:
It swageth griefe of mind, it cheeres the heart,
Allayeth wrath, and makes a man fayr spoken:
And drunke with Rew in wine, it doth impart,
Great helpe to those that haue their bellies broke.

Let them that vnto choller much incline,
Drinke Penny-royall steeped in their wine,
And some affirme, that they haue found by tryall,
The pain of Gowt is cur'd by Penny-royall.



To tell all *Cresses* vertues long it were,
But diuers patients vnto that are debter,
It helpes the teeth, it giues to bald men haire,
With Honny mixt, it *Ring-worme* kills & *Tetter*:
But let not women that would children beare,
Feed much thereof, for they to fast were better.

An herbe there is takes of the swallows name,
And by the Swallows gets no little fame,
For *Pliny* writes (tho some thereof make doubt)
It helps yong Swallows eyes, when they are out,

Greene

THE SALTERNE SCHOOLE.

Greene Willow though in scorne it oft is vs'd,
Yet some there are in it not scornfull parts,
It killeth wotnes, the iuice in eares infus'd,
With Vineger: the barke destroith warts.
But at one quality I much haue mis'd,
That addes and bates much of his good deserts.
For writers old and new, both ours and forren,
Affirme the seed make women chaste and barren,
Take Saffron if your heart make glad you will,
But not too much, for that the heart may kill.



Greene Leekes are gnodas some Physitians say,
Yet would I choose, how ere I them beleue,
To weare Leekes rather on Saint Davids day,
Then eat the Leekes vpon Saint Davids Eue,
The bleeding at the nose Leekes iuyce will stay,
And women bearing children, much releue.
Black Pepper beaten grosse you good shall find
If cold your stomacke be, or full of winds
White Pepper helps the cough, & fleam it tiddeth,
And Agues fit to come it oft forbiddeth.

Our

THE SAALERNE SCHOOLE

Our hearing is a choyce and dainty fence,
And hard to mend, yet soone it may be mard,
These are the thinges that breed it most offence,
To sleepe on stomach full, and drinking hard,
Blowes fals, and noyse, and fasting, violence,
Great heat, and sudden cooling afterward:
All these as is by fundry proofes appearing,
Breed tingling in our eares, and hurt our hearing:
Then thinke it good aduice, not idle talke,
That after supper bids vs stand or walke.

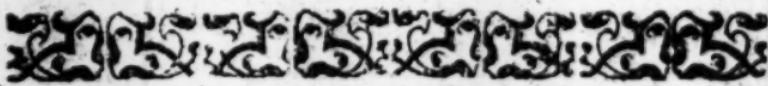
You heard before what is for hearing naught,
Now shall you see what hurtfull is for sight:
Wine, women, bathes, by art ro nature wrought,
Lockes, Onions, Garlick, Mustard, feed, fire & light,
Smoake, bruises, dust, pepper to poulder brought
Beans, Lentils, strains, Wind, Tears, & Phœbus bright
And all sharpe things our eye-sight do molest,
Yet watching hurts them more then all the rest.
Of Penne, Vermin, Kellidon, Roses, Rem,
It wares made, that will the sight renew.

C

If

THE SALERNE SCHOOLE.

If in your teeth you hap to be tormented,
By meane some little wormes therein do breed,
Which paine (if heed be taine) may be preuented,
By keeping cleane your teeth, when as you feed,
Burne francomfence, (a gum not euil fentent)
Put Hen-bane vnto this, and Onyon-feed,
And with a tunnell to the tooth that's hollow,
Conuey the smoake thereof, and ease shall follow,
¶ By nuts, Oyle, Eeles, and cold in head.
By apples and raw fruits is hoarsenesse bred.



To shew you how to shun raw running Rheumes,
Exceed not much in meat, in drinke, and sleepe,
For all excesse is cause of hurtful fumes, (keep
Eat warme broath warme, striue in your breath to
Use excercise, that vapors ill consumes:
In Northen windes abroad do never peepe,
¶ If *Fistula* do rise in any part,
And so procure your danger, and your smart,
Take *Arsenicke Brimstone*, mixt with lime & sope
And make a Tent, and then of cure ther's hope.

THE SALERNE SCHOOLE.

If so your head do paine you oft with aking,
Faire water, or small beere drinke then or never,
So may you scape the burning fits and shaking
That wonted are to company the Feuer:

¶ If with much heate your head be ill in aking,
To rub your head and temples still perseuer,
And make a bath of Morrell(boyled warme)
And it shall keep your head from further harrue.
¶ A Flix a dangerous euill is, and common,
In it shun cold, much druk , & straines of women.



To fast in summer doth the body dry,
Yet doth it good, if you thereto inure it,
Against a surfeit vomiting to try,
Is remedy, but some cannot indure it:
yet some so much themselues found help therby,
They go to sea a purpose to procure it.

¶ Four seasons of the yeare there are in all,
The *Summer*, and the *Winter*, *Spring* and *Fall*:
In every one of these, the rule of reason,
Bids keepe good diet, suting every season.

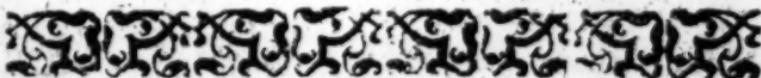
THE SALERNE SCHOOLE.

The *Spring* is moist, of temper good and warme,
Then best it is to bath, to sweat, and purge,
Then may one ope a veine in either arme,
If boyling blood or feare of Agues vrge,
Then *Venus* recreation doth no harme,
Yet may too much thereof turne to a scourge.
In Summers heate (when choller hath dominion)
Coole meates and moist are best in some opinion,
The *Fall* is like the *Spring*, but endeth coulder,
With wines and spice the winter may be boulder.

Now if perhaps some haue desire to know,
The number of our bones, our teeth our veines,
This verse ensuing plainly doth it shew,
To him that doth obserue it taketh paines:
The teeth thrise ten, and two twise eight arow,
Eleuenscore bones saue one in vs remaines:
For veines that all may vaine in vs appeare,
A veine we haue for each day in the yeare:
All these are like in number and connexion,
The difference growes in bignes and complexion,
Fourc

THE S ALRENE SHCOOLE.

Foure *Humors* raigne within our bodies wholly,
And these compared to foure Elements,
The *Sanguin*, *Choller*, *Flegme*, and *mellancholly*,
The latter two are heauy, dull of sence,
The tother are more Iouiall, quicke and Iolly,
And may be likened thus (without offence)
Like ayre both warme and moist, is *Sanguin* clear,
Like fire doth *Choller* hot and dry appeare,
Like water, cold and moist is (Flegmatique)
The Melancholy cold, dry earth is like.



Complexions cannot vertue breed or vice,
Yet may they vnto both giue inclination,
The *Sanguine* gamesome is, and nothing nice,
Loues wine and women, and all recreation, (dice
Like pleasant tales, and newes, playes cardes and
Fit for all company, and euery fashion:
Though bold, not apt to take offence, not irefull,
But bountifull and kind, and looking cheerefull:
Inclining to be fat, and prone to after, (after,
Loues mirth, and Musicke, cares not what comes

THE SALTERNE SCHOOLE.

Sharpe *Choller* is an humour mest pernicious,
All violent, and fierce, and full of fire,
Of quicke conceit, and therewithal ambitious,
Their thoughts to greater fortunes still aspire,
Proud, bountifull ynoch, yet oft malitious,
A right bold speaker, and as bold a lyar,
On little cause to anger great inclin'd,
Much eating still, yet euer looking pin'd,
In younger yeares they vse to grow apace,
In Elder hayry on their breast and face.

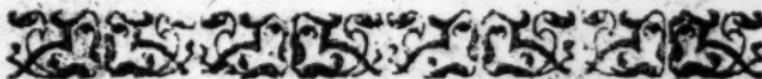


The *Flegmatique* are most of no great growth,
Inclining rathet to be fat and square;
Giuen much vnto their ease, to rest and sloth;
Content in knowledge to take little share,
To put themselves to any paine most loth,
So dead their spirits, so dul their sensces are:
Still either sitting, like to folke that dreame,
Or else stll spitting to quoyd the flegme;
One quality doth yet these harmes repaire,
That for the most part *Flegmatique* are fayre.

The,

THE SALENNE SCHOOLE.

The *Melancholie* from the rest do vary,
Both sport and ease; and company refusing,
Exceeding studious, euer sollitary,
Inclining pensiue still to be, and musing,
A secret hate to others apt to carry:
Most constant in his choise, tho long a choosung,
Extreame in loue sometime, yet seldome lustfull,
Suspicious in his nature, and mistrustfull.
A wary wit, a hand much giuen to sparing,
A heauy looke, a spirit little daring.



Now though we give these humors several names
Yet all men are of all participant,
But all haue not in quantity the same,
For some (*in some*) are more predominant,
The colour shewes from whence it lightly came,
Or whether they haue bloud too much or want,
The watrie flegmatique are faire and white,
The *Sanguin* roses ioynd to lillies bright,
The *Colericke* more red; the *Melancholy*,
Alluding to their name are swart and colly.

THE SALERNE SCHOOLE.

If *Sanguin* humor do too much abound,
These signes will be thereof appearing cheefe,
The face will swell, the cheeks grow red & round,
With staring eyes, the pulse beat soft and breefe,
The veines exceed, the belly will be bound,
The temples and the fore-head full of griefe,
Vnquiet sleeps, that so strange dreames wil make:
To cause one blush to tell when he doth wake:
Besides the moisture of the mouth and spittle,
Wil taste too sweet, and seeme the throat to tickle.



If *Choller* do exceed, as may sometime,
Your eares wil ring and make you to be wakefull,
Your tongue wil seeme al rough, and oftentimes
Cause vomits, vnaccustomed and hatefull,
Great thirst, your excrements are ful of slime,
The stomach squeamish, sustenance vngratefull,
Your appetite will seeme in nought delighting,
Your heart stil greeued with contiuall byting,
The pulse beate hard and swift, all hot extreme,
Your spittle soure, of fire-worke oft your dreame.

If

THE SMLERNE SHOOLE.

If *Flegme* abundance haue due limits past, Being A
These signes are here set downe wil plainly shew,
The mouth will seeme to you quite out of taste,
And apt with moisture still to ouerflow: Being B
Your sides will seeme all sore downe to the waste,
Your meate wax loathsome, your digestion slow: Being C
Your head and stomacke both in so ill taking, Being D
One seeming euer griping, tother aking: Being E
With empty veines, the pulse beat slow and soft, Being F
In sleepe, of Seas and Ryuers dreaming oft. Being G



But if that dangerous humor ouer-raigne, Being H
Of Melancholly, sometime making mad, Being I
These tokens then will be appearing plaine; Being J
The pulse beat hard, the colour dark and bad: Being K
The water thin, a weake fantastick braine, Being L
False-grounded-joy, or else perpetuall sad: Being M
Affrighted oftentimes, with dreames like visions, Being N
Presenting to the thought ill apparitions Being O
Of bitter belches from the stomach comming, Being P
His care (the left especiall) euer humming. Being Q

Against

THE SALERNE SCHOOLE.

Against these severall humors overflowing,
As severall kinds of Phisicke may be good,
As diet-drink,not baths,whence sweat is growing
With purging,vomiting, and letting bloud:
Which taken,in due time,not overflowing.
Each Malladies infection is withstood,
The last of these is best,if skill and reason.
Respect age,strength,quantity, and season;
Of seuernty from seenteene, if bloud abound,
The opening of a vaine is healthfull found.



Of Bleeding may profits grow, and great,
The spirits and fences are renewed thereby,
though these mend slowly by the strength of meat
But these with wine restor'd are by and by:
By bleeding to the marrow commeth heate,
It maketh cleane your braine, releuees your eye,
It mends your appetite, restoreth sleepe,
Correcting humors that do waking keepe:
All inward parts and fences also clearing,
It mends the voice,touch,smel, and tast,& hearing

Three

THE SALEN E SHOOLE.

Three speciall Months, September, Aprill, May.
There are in which tis good to ope a veine,
In these 3. months the Moon beares greatest sway,
Then old or young, that store of bloud containe,
May bleed now, though some elder wizards say,
Some daies are ill in these, I hold it vaine;
September, Aprill, May, haue daies a peece,
That bleeding do forbid, and eating Geese,
And those are they forsooth of May the first,
Of tother two, the last of each are worst.



But yet those daies I graunt, and all the rest,
Haue in some cases iust impediment,
As first, if nature be with cold opprest,
Or if the Region, Ile, or Coantinent
Do scorch or freeze, if stomach meat detest;
If Baub, or Venus, late you did frequent,
Nor old, nor young, nor drickers great are fit,
Nor in long sicknesse, nor in raging fit,
Or in this case if you will venture bleeding
The quantity must then be most exceeding.

When

When you to bledd intend, you must prepare
Some needfull shinges both aittet and before,
Warme water and iwert oyle, both needfull are,
And wine the fainting spirit to restore:
Fin a binding clothes of linnen, and beware,
That all the moring you do sleape no more:
Some gentle motion helpeth after bledding,
And on light meats a spare & temperate feeding
To bleed doth cheere the pensie and remoue
The raging furies bred by burning loue.

Make your incision large and not too deepe,
That blood haue speedy issue with the fume,
So that from sinewes you al hurt do keepe,
Nor may you (as I toucht before presume)
In sixe chiswing houres at all to sleepe,
Lest some slight bruise in sleepe cause an apostume
Eat not of milke, nor ought of milk compounded,
Nor let your brain with much drink be confounded:
Eat no cold meats, for such the strength impaire,
And shun all misty and vawholeclome syre.

and w

Besides

THE SALERNE SCHOOL

Besides the former rules for such as pleases,
Of letting blood to take more observation,
Know in beginning of all sharpe diseases,
Tis counted best to make euacuation:
Too old, too yong, both letting blood displeases.
By yeare and sicknes make you your computation
First in the Spring for quantity you shall,
Of blood take twice as much as in the fall:
In Spring and Summer let the right arm bleed,
The Fall and Winter for the left are good.



The Heart and Lymer, spring & summers bleeding
The fall and winter, hand and foot doth mend,
One veine cut in the hand doth helpe exceeding
Vnto the spleene, voyce, brest, and Intrailes head,
And swages grieves that in the heart are bleeding.
But here the Salerne Schoole doth make an end:
And here I cease to write, but will not cease
To wish you long in health, and dye in peace:
And ye our Physsike rules that friendly read,
God grant that Physsike you may never need.

FINIS.

